



Tuesday is

**PRICE\$
DAY**



HOW TO MAKE NOODLES HEALTHIER

Throw away the shiny packet of sodium seasoning! Replace it with low-sodium chicken or bone broth. For extra flavour, you can add a chicken breast to the boiling broth and then shred it. Something else you can do is to add chopped-up veggies to the top like cabbage, carrots, or mushrooms, and then sprinkle green onions. Your noodles will now have additional vitamins, nutrients, and minerals. Want protein? Add a boiled egg or tofu. (webmd).

Noodles is a price controlled good and retails as follows:

Item	Size	Price
Nissin Beef, Shrimp & Chicken Cup Noodles	2.25oz	\$4.66
Delight Shrimp & Chicken Noodles	3oz	\$1.63
Maruchan Ramen Beef, Shrimp Chicken, Seafood, Pork Noodles	3oz	\$1.66
Top Ramen Beef, Shrimp & Chicken Noodles	3oz	\$2.49
Zoopy Chicken Noodles	7oz	\$1.71

**For more information on price control goods contact
Prices and Consumer Affairs Division
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